

**LISTING OF THE CLAIMS**

The listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1-9. (Cancelled).

10. (Currently Amended) A central control unit for controlling [one]two or more exercise devices through wireless control signals delivered to each of the one or more exercise devices, the central control unit comprising:

a receptacle that supports at least one storage medium containing an exercise program[ming] to be delivered to each of the two or more exercise devices, said exercise program[ming] comprising (i) motivational content[,] and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said at least one storage medium and receiving said exercise program[ming], said transmitter delivering said exercise program[ming] to each of the [one]two or more exercise devices.

11. (Currently Amended) The central control unit as recited in claim 10, wherein said control signals are delivered to the [one]two or more exercise devices using at least one of an infrared signal and a radio signal.

12. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises a base, a stand extending from said base, and a control panel mounted to said stand.

13. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises an input receptacle that receives said at least one storage medium.

14. (Original) The central control unit as recited in claim 13, wherein said at least one storage medium comprises one or more of a magnetic storage medium, an optical storage medium, and a flash memory medium.

15. (Original) The central control unit as recited in claim 13, wherein said at least one storage medium stores one or more MP3 audio files.

16. (Currently Amended) The central control unit as recited in claim 10, further comprising at least one input port, said input port receiving said exercise program[ming] from a broadcast transmission device.

17. (Currently Amended) The central control unit as recited in claim 10, further comprising at least one input port, said at least one input port receiving said exercise program[ming] from a computerized output device.

18. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises at least one of a USB port, a Firewire port, an Ethernet port, a serial port, or a SCSI port.

19. (Currently Amended) A central control unit for controlling [one]two or more exercise devices through wireless control signals delivered to each of the one or more exercise devices, the central control unit comprising:

a support structure that rests upon a support surface;

a control panel mounted to said support structure, said control panel comprising:

an input receptacle that receives at least one storage medium containing an exercise program[ming] to be delivered to each of the two or more exercise devices, said exercise program[ming] comprising (i) motivational content and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said input receptacle and receiving said exercise program[ming] from said at least one storage medium, said transmitter delivering said exercise program[ming] to each of the [one]two or more exercise devices using a wireless carrier signal.

20. (Original) The central control unit as recited in claim 19, wherein said support structure comprises a base and a stand extending from said stand.

21. (Original) The central control unit as recited in claim 19, wherein said at least one input receptacle comprises at least one of a compact disc player, a videodisc player, a magnetic tape player, a flash memory player, an MP3 player.

22. (Original) The central control unit as recited in claim 19, wherein said control panel further comprises at least one input device and at least one output device.

23. (Original) The central control unit as recited in claim 22, wherein said at least one input device comprises at least one control that changes at least one operating parameter of the central control unit.

24. (Currently Amended) The central control unit as recited in claim [[12]] 22, wherein said at least one output device comprises at least one visual display that depicts a visual representation of said exercise program[ming].

25. (Currently Amended) The central control unit as recited in claim 22, wherein said at least one output device comprises at least one audio device that broadcasts an audio portion of said exercise program[ming].

26. (Original) The central control unit as recited in claim 19, wherein said wireless carrier signal is a signal selected from the group consisting of an infrared signal or a radio signal.

27. (Currently Amended) The central control unit as recited in claim 19, wherein said at least one storage medium stores a plurality of exercise programs[ming].

28. (Currently Amended) The central control unit as recited in claim [19]28, wherein said control panel further includes one or more controls that can be manipulated to select at least one exercise program[ming] from said plurality of exercise programs[ming].

29. (Currently Amended) The central control unit as recited in claim 19, further comprising at least one receiver, said at least one receiver receiving said exercise program[ming].

30. (Currently Amended) The central control unit as recited in claim 29, wherein said at least one receiver uses at least one of a USB, Firewire, Ethernet, serial, and SCSI communication protocol to receive said exercise program[ming].

31. (Original) The central control unit as recited in claim 29, wherein said at least one receiver receives broadcast signals from a broadcast transmission device.

32. (Currently Amended) The central control unit as recited in claim 19, wherein each of the [one]two or more exercise devices is of a first type of exercise device, said first type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

33. (Currently Amended) The central control unit as recited in claim 19, wherein each of the [one]two or more exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

34. (Currently Amended) The central control unit as recited in claim 19, wherein each of the [one]two or more exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of a treadmill, an elliptical, a weight stack, or a bike.

35-52. (Cancelled).

53. (Currently Amended) A control signal for controlling [one]two or more exercise devices over a wireless communication medium through a central control unit, the control signal carrying data comprising:

a first data field defining a first operating parameter value for one of one or more operating parameters of an exercise device;

a second data field defining a second operating parameter value for another of said one or more operating parameters of the exercise device;

a third data field identifying an exercise device type; and

a forth fourth data field defining a checksum of said first data field and said second data field, said checksum configured to be used by the exercise device for error detection of the first operating parameter value and the second operating parameter value.

54. (Currently Amended) The infrared wireless control signal as recited in claim 53, wherein the control signal carries data that are one of digital and analog information.

55. (Currently Amended) The ~~infrared~~ control signal as recited in claim 54, wherein the signal is sent through a transmitter component of a transceiver at a central control unit, and wherein the sent signal is received through a receiver component of a transceiver at an exercise device.

56. (Currently Amended) The ~~infrared~~ control signal as recited in claim 53, wherein said exercise device type is selected from a group consisting of an aerobic exercise device or an anaerobic exercise device.

57. (Current Amended) The ~~infrared~~ control signal as recited in claim 53, wherein said exercise device type is selected from a group consisting of a treadmill, a bicycle, a weight machine, or an elliptical.